

REPORT OF THE APPALACHIAN MOUNTAIN TEEN PROJECT (AMTP)

For the past 20 years, we have had the pleasure of working closely with Alton teens, families, and the school district. Funding from the Town of Alton directly supports teens and families from Alton who participate in our Activity-Based Mentoring Project.

During 2009, 12 Alton teens and their families participated in this project which included one-to-one mentoring with an AMTP staff member and over 20 days of community service, outdoor adventure, and higher education trips and activities with peers.

The Appalachian Mountain Teen Project was incorporated in 1987 to provide support and expand opportunities for youth and families who struggle with economic, social, and emotional challenges. Our goal is to foster resilience and engagement in youth that are struggling so that they may attain academic, social, psychological, and job-related success. Each year, school counselors, teachers, and/or parents refer 3-4 students from Alton Central or Prospect Mountain High School to AMTP. They are involved for a minimum of one year and often choose to be involved all through high school. During their first year, teens meet weekly with an AMTP staff mentor with whom they build stable, trusting, long-term relationships. They also join their peers for service and leadership activities.

Alton teens participated in 5 days of *Community Service* with AMTP in 2009, including:

- Joining seniors to build new garden planters at the Alton Senior Center
- Weeding and cleaning at the old railway station with the Alton Revitalization Project
- Preparing and serving meals for 40 people at the Laconia Salvation Army Soup Kitchen
- Gleaning vegetables at a local farm to distribute to area food pantries

Alton teens participated in 13 days of *Outdoor Adventure* with AMTP in 2009, including:

- Earning certifications in Community First Aid and CPR
- Canoeing, camping, hiking, winter skill-building, and wall climbing challenges
- A 6-day wilderness canoe and team-building challenge in northern, NH for teens who completed a series of outdoor skill and leadership trips during the winter and spring

Alton teens also participated in 4 days of *Post-Secondary Education Exploration* with AMTP. Teens visited the University of Vermont, St. Michael's College, Plymouth State University, and Lakes Region Community College. AMTP also provided long-term coaching for one Alton senior and her family through the search, application and financial aid process.

For photos of these activities and more information about AMTP visit www.teenprojectnh.com.

Thank you, Alton, for your support of these important opportunities for local teens and families!

Respectfully submitted,

Dan Kusch, Executive Director